

Tips to Reduce Stress & Combat Burnout



Stress is a normal part of life, but when it becomes chronic, it can hurt your physical and mental health. Below are several, simple, evidence-based relaxation techniques that you can use to help manage stress and improve your overall well-being, whether you are at home or in the office.



Deep Breathing

Deep breathing is a simple but effective way to relax your body and mind. To practice deep breathing, sit or lie in a comfortable position and close your eyes. Take a deep breath through your nose, slowly and fully expanding your lungs. Hold your breath for a few seconds, then slowly exhale through your mouth. Repeat this process for 5-10 minutes.



Meditation

Meditation is another simple but effective way to relax and de-stress. It has been shown to influence stress pathways in the brain and regulate emotions. Meditation classes are widely available in places such as athletic clubs, yoga centers, hospitals, clinics, and online.



Yoga

Yoga can help to improve your flexibility, strength, and balance. It can also help reduce stress, anxiety, and depression. If you want to experience the difference yoga can bring to your life, establishing a consistent routine is the best way to go. You can join a yoga studio or local group to kick-start your yoga routine.



Aromatherapy

Aromatherapy involves the use of essential oils to promote relaxation and well-being. This therapy is used to treat a wide variety of mental and physical conditions, such as stress and anxiety, digestive issues, headaches, and much more. Find some scents you like and try them in your bath or a diffuser.



Progressive Muscle Relaxation (PMR)

PMR is a technique that involves tensing and relaxing different muscle groups in your body, and has been shown to suppress the symptoms of anxiety, stress, and depression. To practice PMR, sit or lie in a comfortable position and close your eyes. Tense one muscle group at a time for 5-10 seconds, then relax it. Repeat this process for each muscle group.



Visualization

Visualization is a technique that involves creating a mental image of a relaxing scene. This can help reduce stress and promote relaxation. To practice visualization, sit or lie in a comfortable position and close your eyes. Imagine yourself in a relaxing scene, such as a beach or a forest. Focus on the sights, sounds, and smells of the scene for 5-10 minutes.

